November Gratitude Cosmic Challenge ~ 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
Begin your Cosmic Gratitude Field Notes. Each evening, record one discovery about gratitude and your experience of life.	Thank your 'past self' for a decision that helped you today.	Find magic in something you've seen a thousand times.	Express gratitude for a difficult person/situation by reframing the story.	Send someone a message that begins: "You made a difference when..."	Find three ridiculous little things that make you happy.	Ask Cosmic Consciousness: What am I overlooking that deserves gratitude?
8	9	10	11	12	13	14
Let a spiritual mentor know how their advice has made a difference.	Celebrate another person's success without comparing it to your own.	Give a random and sincere compliment to someone you do not know.	**Veterans Day** Honor those who served by doing one thing to promote peace.	Say thank-you to Gaia by leaving a place a little nicer than you found it.	Show gratitude to your Higher Self by building in some Self/self-care time today.	Find gratitude in something that changed your perspective
15	16	17	18	19	20	21
Give the Earth ten minutes of your undivided appreciation.	Pass along something good someone once did for you.	Thank your sense of humor for getting you through life.	Thank your Higher Self for one insight you've received.	Thank your body for something it does without being asked.	Notice how someone goes out of their way to be kind to you today, and thank them.	Express gratitude for the freedom to choose your next thought, word, and/or action.
22	23	24	25	26	27	28
Show gratitude for inner peace by taking a day off from all your technology.	Thank a disagreement for revealing a different perspective.	Thank an appliance for making your life easier.	Give thanks for something you once believed impossible.	 Relax & enjoy however you spend your day!	Give thanks for the possibilities hidden inside uncertainty.	Send someone a photograph that holds a happy memory.
29	30					
Notice how your mood shifts when you express appreciation.	This month, what have I discovered about gratitude, myself, & the way I experience life that I might not have noticed before?	*Notice how one expression of appreciation or gratitude influences what happens next. Start a gratitude ripple by passing along one good thing … and see what happens! You can be a "Cosmic Gratitude Influencer!"*				

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